

# Juniata County School District Breakfast Menu December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
12/4/17	12/5/17	12/6/17	12/7/17	12/1/17
English Muffin with Assorted Jellies or Assorted Cereals with Whole Grain Item	Breakfast Pizza or Assorted Cereals with Whole Grain Item	Fruit & Yogurt Parfait with Toast and Jelly or Assorted Cereals with Whole Grain Item	French Toast Sticks with Syrup or Assorted Cereals with Whole Grain Item	Ham, Egg & Cheese on English Muffin or Assorted Cereals with Whole Grain Item
100% Fruit Juice or Fresh or Canned Fruit & Milk 2	100% Fruit Juice or Fresh or Canned Fruit & Milk 3	100% Fruit Juice or Fresh or Canned Fruit & Milk 4	100% Fruit Juice or Fresh or Canned Fruit & Milk 5	100% Fruit Juice or Fresh or Canned Fruit & Milk 1
12/11/17	12/12/17	12/13/17	12/14/17	12/15/17
Chef's Choice Menu to be Announced or Assorted Cereals with Whole Grain Item	Breakfast Pizza or Assorted Cereals with Whole Grain Item	Fruit & Yogurt Parfait with Toast and Jelly or Assorted Cereals with Whole Grain Item	Waffles with Syrup or Assorted Cereals with Whole Grain Item	Ham, Egg & Cheese on English Muffin or Assorted Cereals with Whole Grain Item
100% Fruit Juice or Fresh or Canned Fruit & Milk 1	100% Fruit Juice or Fresh or Canned Fruit & Milk 2	100% Fruit Juice or Fresh or Canned Fruit & Milk 3	100% Fruit Juice or Fresh or Canned Fruit & Milk 4	100% Fruit Juice or Fresh or Canned Fruit & Milk 5
12/18/17	12/19/17	12/20/17	12/21/17	12/22/17
English Muffin with Assorted Jellies or Assorted Cereals with Whole Grain Item	Breakfast Pizza or Assorted Cereals with Whole Grain Item	Chef's Choice Menu to be Announced or Assorted Cereals with Whole Grain Item	Chef's Choice Menu to be Announced or Assorted Cereals with Whole Grain Item	NO SCHOOL
100% Fruit Juice or Fresh or Canned Fruit & Milk 6	100% Fruit Juice or Fresh or Canned Fruit & Milk 1	100% Fruit Juice or Fresh or Canned Fruit & Milk 2	100% Fruit Juice or Fresh or Canned Fruit & Milk 3	
12/25/17	12/26/17	12/27/17	12/28/17	12/29/17
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<b>GOOD NEWS!!</b> If you qualify for free or reduced lunch, you also qualify for free or reduced breakfast! Applications can be found online at <a href="http://www.compass.state.pa.us">www.compass.state.pa.us</a> or at your school office. Any charges accumulated prior to approved applications taking affect must be paid so get your application in today!!! Student Paid Breakfast \$1.30 Student Reduced Breakfast \$ 0.30 Adult \$2.30				
Chris Ammon	General Manager	<a href="mailto:cammon@jcsdk12.org">cammon@jcsdk12.org</a>	(717) 436-2193 ext. 5084	
Kathy Gilson	Food Service Support	<a href="mailto:kgilson@jcsdk12.org">kgilson@jcsdk12.org</a>	(717) 436-2111 ext. 5015	

### What is a Meal?

You must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of: Grain or grain/protein
- Choice of fruit and
- Choice of Milk
- Choice of Milk - 1% white, fat-free white, chocolate, cookies & cream and strawberry

### Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes

Served with Whole Grain Toast



### Additional Entrees May Include:

- Warm Pillsbury Cinni-Minis
  - Chocolate Chip Muffins
  - Whole-Grain Enriched Donuts
- (Donuts available at TJHS, JHS, and EJ only)

### Fruit May Include:

- Canned peaches, applesauce,
- pears, pineapple, fruit cocktail,
- mandarin oranges, 100% juice,
- and a variety of fresh fruits

This institution is an equal opportunity provider  
Menu subject to change